



K18U 1646

Reg. No. :

Name :

**V Semester B.A./B.Sc./B.Com./B.B.A/B.B.A.T.T.M./B.B.A.R.T.M/
B.B.M./B.T.T.M./B.C.A./B.S.W./B.A. Afsal UI Ulama
Degree (CBCSS – Reg./Sup./Imp.) Examination, November 2018
(2014 Admn. Onwards)**

Open Course

5D01 PED : HEALTH AND FITNESS EDUCATION

Time : 2 Hours

Max. Marks : 20

I. Answer **any one** of the following questions in **not** more than **150** words. **(1×5=5)**

- 1) Briefly explain the basic concept and importance of Physical Education.
- 2) Explain the physiological effects of exercise on respiratory system.

II. Answer **any one** of the following questions. **(1×3=3)**

- 3) What is AAPHER Youth Fitness Test ? Explain.
- 4) Explain the body types with suitable examples.

III. Answer the following questions as per the direction given. **(1×12=12)**

- 5) Deficiency of vitamin A leads to the disease _____ (Fill in the blanks)
 - 6) Blood pressure is measured with the instrument _____ (Fill in the blanks)
 - 7) An injury on the surface of the body produced by a sharp blow or fall is called _____. (Fill in the blanks)
 - 8) Intramural is term referred with competitions held inside the four walls of the institution. (True or False)
 - 9) Resistance training is a method of improving endurance capacity. (True or False)
 - 10) What is CPR ?
 - 11) Define Health and what are the factors affecting Health ?
 - 12) Explain Rajiv Gandhi Khel Ratna award.
 - 13) Explain postural deformities.
 - 14) What are the benefits of practicing Yoga ?
 - 15) What is BMI and how it is measured ?
 - 16) Explain balanced diet.
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